

**In the Claims:**

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28. A method of preparing an anode for a secondary battery comprising:  
providing a host material that is capable of absorbing and desorbing lithium in an electrochemical system;  
dispersing lithium metal in the host material; and  
forming the host material and the lithium metal dispersed therein into an anode.

29. The method according to Claim 28, wherein said dispersing step comprises mixing the lithium metal, the host material and a non-aqueous liquid together to form a slurry.

30. The method according to Claim 29, wherein said forming step comprising applying the slurry to a current collector and drying the slurry.

31. The method according to Claim 28, wherein said dispersing step comprises immersing the host material in a suspension containing lithium metal and a non-aqueous liquid.

32. The method according to Claim 31, wherein said dispersing step comprises immersing the host material in a suspension of lithium metal in a hydrocarbon.

33. The method according to Claim 28, wherein said dispersing step comprises dispersing a finely divided lithium metal powder in the host material.

34. The method according to Claim 33, wherein said dispersing step comprises

dispersing lithium metal having a mean particle size of less than about 20 microns in the host material.

35. The method according to Claim 28, wherein said providing step includes providing a host material comprising one or more materials capable of reversibly lithiating and delithiating at an electrochemical potential versus lithium of from greater than 0.0 V to less than or equal to 1.5 V.

36. The method according to Claim 28, wherein said providing step comprises providing a host material comprising one or more materials selected from the group consisting of carbonaceous materials, Si, Sn, tin oxides, composite tin alloys, transition metal oxides, lithium metal nitrides, and lithium metal oxides.

37. The method according to Claim 28, wherein said providing step comprises providing a host material comprising a carbonaceous material.

38. The method according to Claim 37, wherein said providing step comprises providing a host material wherein the carbonaceous material is graphite.

39. The method according to Claim 38, wherein said providing step comprises providing a host material wherein the host material further comprises carbon black.

40. A method of operating a secondary battery comprising the steps of:  
(a) providing a freshly prepared, secondary battery comprising a positive electrode including an active material, a negative electrode comprising a host material capable of absorbing and desorbing lithium in an electrochemical system and lithium metal dispersed in the host material, a separator for separating the positive electrode and the negative electrode, and an electrolyte in communication with the positive electrode and the negative electrode;  
(b) initially discharging the secondary battery by transmitting lithium ions from the

negative electrode to the positive electrode through the electrolyte;

(c) charging the secondary battery by transmitting lithium ions from the positive electrode to the negative electrode through the electrolyte;

(d) discharging the secondary battery by transmitting lithium ions from the negative electrode to the positive electrode through the electrolyte;

(e) repeating steps (c) and (d).